



# North Mobile Family YMCA Group Exercise Class Descriptions

**Aqua Sculpt:** This is a cardio class with weights in the pool.

**Aqua Yoga:** A series of poses that incorporate lengthening, flexibility, strengthening and toning for the entire body while in the pool.

**Cardio-Kick:** Combines the best of aerobics and kickboxing for an explosive total body workout. This workout will strengthen muscles, develop speed and power, and increase coordination and agility.

**Core Attack:** Class focuses on core strength and sculpting your abs.

**Jump & Pump Bootcamp:** Our version of P90X. You will get total-body cardio and conditioning. This class will include plyometrics and weights.

**Pilates:** Total body conditioning exercise method combining flexibility and strength. Provides balance and focuses on the "powerhouse" to improve posture.

**Power-Lift:** This full-body class skillfully combines dumbbells, bands, weighted bar, and floorwork concentrating on major muscle groups. Great class to lose inches!!!

**Running:** Instructor led, outside run/walk for 2-3 miles.

**Senior Circle:** Water exercises and stretching to help with arthritis, etc.

**Silver Sneakers® Fitness Program:** An active older adult program that is designed to increase strength, range of movement, agility, balance and coordination.

**Spinning®:** A cardiovascular workout using a stationary bike. Spinning combines resistance, hills, sprinting, standing and jumps.

**Spinning® & Abs:** Spin for 40 minutes and finish with a great ab workout!

**Trekking:** Utilizes the treadmills to take participants through the ultimate workout. Speed drills, hills and running are what you are in for!

**Yoga Burn:** Advanced yoga work out that will make you sweat and really challenge yourself. Some pilates will be included in this class.

**Yoga Stretch:** A series of poses that incorporate lengthening, flexibility, strengthening and toning for the entire body.

**Zumba®:** A Latin-inspired, dance-fitness class that incorporates Latin and international music & dance movements. Zumba® is designed for everyone at all levels.

**\*\*All classes can be modified to your fitness level!**